



Stirnu Buks I  
Zilie kalni / 15.04.2017

## Detailed evaluation

### Polis, Helmutš

Club: FK Kalsnava  
Number: 6247

Course: 28.00 km  
Lusis

Category:  
VL3

Total time: 2:58:12

Speed: 9.43 km/h

Rank in course/Total: 228 (of 296)

Rank in course/Men: 192 (of 231)

Best time in course: 1:46:56

Rank in category: 59(of 76)

Best time in the category: 2:02:11

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
101	-	58:16	-	56	17:01	178	21:36	-	58:16	-	56	17:01	178	21:36
102	-	25:15	-	54	7:10	180	9:10	-	1:23:31	-	54	24:11	177	47:17
103	-	10:29	-	59	3:03	188	4:06	-	1:34:00	-	56	26:57	179	45:48
104	-	28:58	-	59	8:46	189	11:56	-	2:02:58	-	58	35:21	184	46:48
105	-	24:12	-	70	9:30	207	11:51	-	2:27:10	-	59	44:20	188	58:39
Sprint Start	-	28:25	-	63	10:38	193	12:00	-	2:55:35	-	61	54:54	193	1:10:35
Sprint Finish	-	0:52	-	25	0:19	84	0:24	-	2:56:27	-	60	55:13	192	1:10:56
Finish	-	1:45	-	60	0:48	182	0:48	28.00	2:58:12	-	60	56:01	192	1:11:16